

PAHER UNIVERSITY

Entrance Test for Ph.D.(Yoga) Program

Syllabus

- Origin of Yoga & its Brief Development
- Meaning of Yoga and its importance
- Meaning of Asana, its types and principles
- Meaning of Pranayam, its types and principles
- Basis of Yoga: Definition of Yoga as per texts: Patanjali Yoga
- Misconception of Yoga
- Introduction to four streams of Yoga: Raja Yoga, Jnana Yoga, Karma Yoga and Bhakti Yoga.
- Meaning and Types of Stress, Anxiety, Depression and its Management